

PUBLIC BOATING PROGRAMS



Mt. Baker Rowing and Sailing Center

www.seattle.gov/parks/boats/Mtbaker.htm

January through May 2007



- **Financial Assistance Available**

- **Online Registration Now Available!**

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***Mt. Baker Rowing
and Sailing Center***
206-386-1913

3800 Lake Washington Blvd S
Seattle, WA 98118

MISSION:

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

NEW!

REGISTER ONLINE - it's easy!
www.seattle.gov/parks
Registration begins December 4, 2006

SPARC

CONSTRUCTION HAS STARTED! SEE PAGE 8.

Program Hours

Monday, Wednesday, & Friday	9:00 am-6:30 pm
Tuesday & Thursday	5:30 am-8:00 pm
Saturday	7:00 am-11:30 am
Sunday	8:30 am-10:30 am

The above listed hours indicate when programs have been scheduled in Spring—NOT necessarily office hours.

If you call and reach our voicemail, please leave a message and someone will return your call as soon as possible.

Important Dates and Closures

Registration begins	Dec. 4, 2006
Annual Open House Event	Dec. 5, 2006
Winter Break	Dec. 22-Jan. 2
Martin Luther King Jr. Weekend	Jan. 13-15, 2007
Presidents' Day Weekend	Feb. 17-19, 2007
Baker Day	March 17, 2007
Easter Sunday	April 8, 2007
Memorial Day Weekend	May 26-28, 2007

Mt. Baker Rowing and Sailing Center at Stan Sayres Park

3800 Lake Washington Blvd. S
Seattle, WA 98118

Served Metro Bus #34, 39, 14

Phone: 206-386-1913

Fax: 206-386-1914

Website: www.seattle.gov/parks/boats/Mtbaker.htm AND
www.mtbakerjrcrew.org

E-Mail: mount.baker@seattle.gov

Green Lake Small Craft Center is
206-684-4074 OR glrowing@aol.com

Contact the Seattle Parks and Recreation Info Line for other City resources and activities:

206-684-4075

Or on-line at:
www.seattle.gov/parks

Online Registration Now Available!

In keeping with our environmental stewardship policies, Seattle Parks and Recreation are trying to reduce the amount of paper we use. Online registration for many recreation courses throughout Seattle Parks is now available through "SPARC" at www.seattle.gov/parks. Create an account online or stop by the office to receive your account barcode and PIN.

More information

For information about Parks & Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site: www.seattle.gov/parks. For more information about programs for senior adults, please call 206-684-4951. For information on programs for youth or adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web: www.seattle.gov/parks/SpecialPops/index.htm.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings sometimes become available. If demand is high, we will try to form another class.

Confirmations

Sorry, we cannot confirm every class registration by mail or phone, but we will notify you by phone or e-mail if your class is postponed or cancelled.

Seattle Parks & Recreation Staff

Ken Bounds, Superintendent

Christopher Williams, Director of Operations

Kathy Whitman, Aquatics Manager

Patsy Siegismund, Sr. Aquatics Coordinator

Professional Staff

Peggy Tosdal, Sr. Rec Program Specialist

Karen Etsell, Recreation Leader

FLOAT TEST—Required for participation

Every Seattle Parks and Recreation participant must successfully pass a float test prior to the first water session of a small craft class. The float test is valid for **three years**. Float tests may be taken at any swimming pool, while under the supervision of a lifeguard certified by the American Red Cross.

You must stay afloat for 10 minutes, without touching the bottom of the pool or the walls, while wearing long pants and a long-sleeved shirt. For the last minute, you must put on a life vest without touching the bottom or sides of the pool.

SPECIAL EVENTS & NOTICES

Sailing Postponed

Sailing and windsurfing equipment has been removed from the Mt. Baker Rowing and Sailing Center during facility construction. No private lessons are available until the equipment returns when construction is completed.

If you have a current Open Sailing Card, you will need to attend a Sailing Validation Clinic, to “renew” your card to be valid for 2007 Open Sailing. These are scheduled to take place in late spring.

Please check our website: www.seattle.gov/parks/boats/Mtbaker.htm for updates.

Winter/Spring 2007 Events

Annual Christmas Ship™ Open House Event with Raffle Drawings, Thursday, December 5, 7-9pm

The Christmas Ship™ will arrive with carolers at Stan Sayres at approximately 8:25pm. Start the evening at our annual Open House and have a chance to win one of five spectacular raffle baskets. Come down to this community event. Raffle drawings will begin at 7:30pm with the last drawing directly before the Christmas Ship's arrival.

View our facility, enter raffle drawings, sing carols, and enjoy hot cider and cookies. There will be photo opportunities for young ones and/or leashed dogs, with our special guest for the evening, Santa. Proceeds from the raffle go towards the building expansion.

Baker Day—In-House Ham'n'Egger/Shoreline Clean Up, Saturday, March 17, all day

Please help us make our facility and community cleaner! Come down to clean our shores of Lake Washington. More to come.

FAMILY BOATING ACTIVITIES

Introduction to Boating Courses

Curious about those boating activities you've heard of or seen? **INTERESTED IN A FUN, FAMILY ACTIVITY?** The Mt. Baker Rowing and Sailing Center offers quick introductions to 2 popular boating activities. Enroll in one or both, these “Introduction to” courses are low commitment, but just as fun!

Come dressed for the weather. The courses will be held rain or shine, but we reserve the right to reschedule the course due to adverse weather conditions. Lifejackets are required and are provided. **Sign up early!**

ROWING

Step inside a long, sleek rowing shell and push off onto the majestic waters of Lake Washington in this introduction. Here's your chance for a quick look at a fun and fast growing (and moving) sport. Learn the fundamentals on land and water!

Ages 12 and up; 12-15 year olds must be accompanied by an adult. Discount of \$5 for youth under 18.

Saturday—9:30am - noon

# 13821	March 31	\$28
# 13822	April 28	\$28

SAILING

This course is designed for beginners looking for an introduction to sailing on a larger, more stable boat. The Flying Scot is an 18-foot mono-hull sailboat, which can hold up to 5 people. Footwear must be worn, no black-soled shoes please!

Ages 8 and up; 8-15 year olds must be accompanied by an adult. Discount of \$5 for youth under 18.

Saturday—1:00 - 4:00pm

# 13823	March 31	\$32
# 13824	April 28	\$32

CONDITIONING & ROWING

Youth Conditioning for Crew

Continue your fitness training and give yourself an edge for the approaching season. Activities will include erging, calisthenics, and weight lifting, as well as some on-the-water practices. **A current float test is required, see page 2.** This course is for athletes rowing spring 2007 Junior Crew.

Experienced Rowers

Girls: #13630 MWF 3:45-5:15pm, Sat 9:30-11am Jan 3-29 *H \$66

Boys: #13603 MTTh 4:30-6pm, Sat 9:30-11am Jan 4-30 *H \$66

Novice Rowers—If athlete rowed Novice Crew for Summer and/or Fall 06 AND will be rowing Novice in Spring 07.

Girls: #13632 WTh 4-5:30pm, Sat 10-11:30am Jan 4-30 *H \$52

Boys: #13631 TW 4-5:30pm, Sat 10-11:30am Jan 3-31 *H \$52

Adult Conditioning

Experience that great feeling of being fit and fast for the upcoming racing season. Some activities will include erging, calisthenics, and weight lifting.

Conditioning classes are open to all level rowers. Ideal for those wanting to gear up for the Spring season.

Winter

#13644 TTh 6-7:30am Jan 9-Feb 15 \$62

#13596 TTh 6-7:30pm Jan 9-Feb 15 \$62

Spring—Evenings Only

#13597 TTh 6-7:30pm Feb 20-Mar 29 \$62

Saturday rowing listed on page 5.

YOUTH ROWING—“Junior Crew”

Registration, available by online, mail-in, and walk-in, starts **Monday, December 4, 2006.** The recommended deadline to guarantee your seat in Junior Crew is **6:00pm, THURSDAY, JANUARY 18, 2006.** Starting January 19, registrations will be accepted if space is available, on a first-come, first-serve basis. Athletes may not pay the first day of crew! Please see page 6 for registration instructions.

NEW this year, as incentive to register early, those who pay in full by January 18 will receive a **limited edition Mt. Baker Junior Crew Spring 2007 t-shirt, FREE!** Get those registrations in early!

Mark your calendars for Baker Day and Shoreline Cleanup, March 17—more information to come.

There is a 10% discount for additional family members enrolling in junior crew. Financial assistance is available upon request. **A current float test is required, see page 2.**

If your athlete started rowing AFTER June 1, 2006, register for the Novice program.

Novice—Attendance for New Novices is required the first two weeks.

Girls: #13599 M-F 4:00-6:00pm Feb 1-May 21 \$330

Boys: #13598 M-F 4:00-6:00pm Feb 1-May 21 \$330

Experienced/Varsity—Attendance at all practices is encouraged.

Girls: #13602 M-F 3:45-6:15pm Feb 1-May 21 \$350

Boys: #13600 M-F 4:15-6:45pm* Feb 1-May 21 \$350

**(class starts at 3:45pm through March 2)*

Why Start Rowing?

Rowing on a team is an incredible experience! A sense of pride and accomplishment are gained as athletes work to meet the physical and mental challenges of the sport of rowing. The rigorous sport also teaches sportsmanship and team camaraderie.

The junior program is open to youth ages 13-18 and in grades 8-12, **no exceptions.** The youth courses are geared towards **competitive** rowing and compete regionally and nationally.

The adult program is open to anyone over 18 years; recreational and competitive rowing are available. Both courses teach the basic fundamentals of the stroke as well as boat handling, water safety, and care of equipment. Financial assistance is available upon request.

CLOSURES

***H** No class on the following holidays: January 13-15, February 17-19, April 8, and May 26-28.

ADULT ROWING

Learn to Row—Level 1

Our learn to row classes begin on rowing simulators (ergometers) on land and then move to dockside rowing in our rowing shells. With a strong understanding of the rowing stroke, the balance of the class will be on the water. Sweep rowing (one oar) and sculling (two oars) are introduced. **Satisfactory completion of this class will qualify you for our Adult rowing program, Novice Rowing—Level 2.**

A complete medical assessment is strongly recommended for all adult rowers joining our rowing programs. Must attend first 2 sessions. **A current Float Test is required, see page 2.**

Mornings

#13633	TTh 6-7:30am, Sat 9:30-11:30am	April 10-May 5	\$112
#13809	TTh 6-7:30am, Sat 9:30-11:30am	June 5-30	\$112

Evenings

#13810	TTh 6-7:30pm, Sat 9:30-11:30am	June 5-30	\$112
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NEW! Mid-Day

#13811	MWF 9-11am	May 7-30 *H	\$112
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Novice Rowing—Level 2

Continue to fine-tune your rowing skills in this next step after successful completion of the Learn to Row course. Your Learn to Row instructor will continue with this optional Level 2 course. You will learn more advanced rowing technique and how to efficiently use your power while rowing. **A current float test is required.**

Level 2 course required before moving on to Level 3 or 4.

Mornings

#13806	TTh 5:30-7:30am	May 8-31	
	Sat 9:30-11:30am		\$88

Adult Rowing Program

Once you have successfully completed Novice Rowing—Level 2 or equivalent course, you may be eligible to join this program for continued rowing fitness and possible competition. On- and off-water conditioning, novice to advanced rowing technique, and racing skills are included for those interested in competition.

A complete medical assessment, by a licensed professional, is strongly recommended for all adult rowers. **A current Float Test is required, see page 2.**

Recreational/Intermediate—Level 3

These sessions are ideal for the “non-racing” rower or for those who have just completed one Novice—Level 2 course or equivalent. The punch card is available for these days and times.

Mid-Day

#13650	MWF 9-11am	Jan 3-31 *H	\$94
#13653	MWF 9-11am	Feb 2-Mar 2 *H	\$94
#13654	MWF 9-11am	Mar 5-30	\$94
#13655	MWF 9-11am	Apr 2-30	\$102

NEW! Sat-Sun Mornings—2 hours

#13656	Sat 9:30, Sun 8:30	Jan 6-28 *H	\$48
#13659	Sat 9:30, Sun 8:30	Feb 3-25 *H	\$48
#13661	Sat 9:30, Sun 8:30	Mar 3-25	\$64
#13663	Sat 9:30, Sun 8:30	Mar 31-Apr 22 *H	\$64

Intermediate/Advanced—Level 4

These classes are designed for the intermediate to advanced rowing, or those wishing to race. Regattas are attended locally, regionally, and nationally throughout the year. Pre-dawn rowing is available.

Practice Schedule: All classes are 2 hours in length. Tuesday and Thursday 2-hour classes are at 5:30 am or 6:00 pm, you are welcome to join any Saturday or Sunday 2-hour rowing class.

Saturdays—Join this group to keep rowing fresh over winter months.

WIN: #13664	Sat 7:30-9:30am	Jan 6-Feb 17 *H	\$48
SPR: #13666	Sat 7:00-9:00am	Feb 24-Mar 31	\$48

Mornings

#13634	TTh 5:30am, Sat 7:00am	Feb 20-Mar 3	\$52
#13636	TTh 5:30am, Sat 7:00am	Mar 6-31	\$98
#13642	TTh 5:30am, Sat 7:30am	Apr 3-28	\$98
#13807	TTh 5:30am, Sat 7:30am	May 1-31 *H	\$94

Evenings

#13594	TTh 6-8pm, Sat 7-9am	Apr 3-28	\$94
#13808	TTh 6-8pm, Sat 7-9am	May 1-31 *H	\$94

POLICIES & PROCEDURES

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

CANCELLATIONS:

- Any person who registers for a class, camp, special event, or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we will cancel it. We'll try to notify you at least two days before the class start date.

DAY CAMPS:

- Any person who registers for a day camp, and who requests a refund 14 days or more before its start, may receive a refund minus a 10% service charge. No refunds will be made for cancellations fewer than 14 days prior to the camp.

CLASSES:

- A participant may be issued a refund minus the first class and a 10% service charge, if he/she notifies the program coordinator prior the first class session.

For specific information please read the entire policy; which is available upon request.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or via fax with a credit card. We accept Visa, MasterCard, and American Express. Please make checks and money orders out to **City of Seattle**.

If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$25 fee. Exact cash only please.

Non-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap. (Seattle Municipal code 18.12.280).

ADA Compliance

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call the facility selected or call V/TDD 223-7061. If possible, please allow ten working days notice.

Financial Aid

The Boating Advisory Council in partnership with Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to waive some or all fees, offer activities on a sliding scale, allow for an exchange of activities for volunteer service, or offer scholarships.

Reduced fees are intended mainly for families or individuals in our Seattle neighborhood who are on public assistance or who are unemployed. To apply for reduced fees or scholarships, please talk to a member of our staff.

Fees and Charges

The Boating Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs and defray operating costs for Seattle Parks and Recreation. Class and program fees include Washington State sales tax where applicable. A portion of the fees are approved by Seattle City Council and are subject to change without notice.

REGISTRATION INSTRUCTIONS

STEPS TO REGISTER:

1. Complete the registration form.
2. Enclose payment. Please make checks or money orders payable to "**City of Seattle**." For Visa, MasterCard, or American Express, please fill out credit card information on registration form. *All credit card numbers are shredded after processing.*
3. **NEW!** Visit www.seattle.gov/parks to register through SPARC for recreation programs online, beginning December 4. Or complete the registration form (page 7) and Mail to:

Mt. Baker Rowing and Sailing Center

3800 Lake Washington Blvd S, Seattle, WA 98118

Phone-in and FAX-in also available starting January 19:

Phone: 206-386-1913 FAX: 206-386-1914

Larger Type Version
Available Upon Request

- As space is limited, we encourage you to sign up early—at least seven days in advance of the first day of class. Although we sometimes accept late sign-ups, you may be disappointed if a class is full or was cancelled due to a lack of participation.
- Senior Citizen Discount of \$.80/hour class is available to adults ages 65 and older for all classes.
- For Jr. Crew: ONLY online, walk-in, and mail-in registrations are accepted December 4 through January 18; starting January 19, phone-in and fax-in registrations will then also be accepted if space is available. Special edition 2007 t-shirt to those who register and pay by January 18.
- **Float Tests are required and can be turned in on the first day of class. Forms can be found online.**

REGISTRATION FORM



ADULT NAME (Last) _____ (First) _____ DATE _____
 ADDRESS _____ CITY _____ ZIP _____
 PHONE *home* (_____) _____ *work* (_____) _____ *mobile* (_____) _____
 Emergency Name _____ Emergency Phone (_____) _____
 E-mail: _____ (for Mt. Baker program use only)

ASSUMPTION OF RISK AND RELEASE FORM: Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate. Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years.

X Participant Signature:** _____ **Date:** _____

**Parent/Guardian signature for anyone 17 years old or younger

PARTICIPANT'S NAME		Birth Date	EO*	Sex	COURSE #	COURSE NAME	COURSE TIME or AM/PM?	COURSE FEE
Last	First							
								\$
								\$
								\$
TOTAL								\$

*ETHNIC ORIGIN: Information is used for statistical purposes and is not required for participation.
 A=Asian; B=Black/African American; H=Hispanic; N=Native American; W=Caucasian; O=Other

Please complete the following information:

- ☐ Paying by exact CASH
☐ Paying by check to "City of Seattle": Check Number: _____
☐ Paying by credit card: Type (circle) Visa MasterCard American Express

Name as shown on card: _____ CC Signature: _____ Date: _____

CC Card #: _____ Exp. Date: _____

PUBLIC BOATING PROGRAMS ~ WINTER/SPRING 2007

Mt. Baker Rowing and Sailing Center

Special Thanks to Donors:

The following realtors have pledged 10% of their housing sale commission to donate to the Mt. Baker expansion campaign.

A huge THANK YOU for your generosity! Please consider contacting one of them for your real estate needs.

Virginia Calvin, *John L. Scott*, 206-726-4267

Charles Grimes, *Coldwell Banker*, 206-283-5200

Nina Mattheisen, *Prudential*, 425-336-6109

Pro Parks Levy is making a difference in your community!

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city.

Our recreation facilities are providing teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness, swimming lessons for all 3rd and 4th graders, and a wider range of activities for seniors. We're removing litter from our facilities and parks more often; expanding park maintenance in the summer months; and working hard to maintain our valuable landscapes, trees, and other natural assets.

Whether you prefer sports or quiet contemplation, there are more play areas and passive parks for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

Construction has started!

Please bear with us (and the fencing), while all courses remain at the Mt. Baker Rowing and Sailing Center through the duration of construction. Sailing and windsurfing courses will resume in May 2007, check for our Summer brochure in early April. The Open Sailing Program has been postponed and will resume in May 2007.

Thanks for all your support during the capital campaign! The Boating Advisory Council is still seeking donations for Phase 2 of expansion, please contact the office today to learn more about the expansion project or how to donate: 206-386-1913 or mount.baker@seattle.gov.

SEATTLE PARKS AND RECREATION
c/o Mount Baker Rowing & Sailing Center
3800 Lake Washington Blvd. S
Seattle, WA 98118

Change Service Requested

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